

Stretching Assignment PSK 4U

- Name of Sport
- Muscle Group Acted Upon
- Diagram
- Rationale i.e. type of movement/injury prevention
- Clear Outline of Instruction
- Clarity of Presentation

Nt Any photocopying needed I must have 1 day in advance

Sep 26-2:26 PM

Tuesday October 6th	Movement Lab
Wednesday October 7th	Jakob
Thursday October 8th	East
Friday October 9th	Harry
Tuesday October 13th	Silton
Wednesday October 14th	Sarah Colby
Thursday October 15th	Erica
Friday October 16th	Jared
Monday October 19th	Kael
Tuesday October 20th	Stiglar
Wednesday October 21st	Emilg
Thursday October 22nd	Aiden
Friday October 23rd	Chalson
Monday October 26th	Rich Mc
Tuesday October 27th	Shyanna
Wednesday October 28th	Sarah C
Thursday October 29th	Megan
Friday October 30th	

Monday November 2nd	Emily
Tuesday November 3rd	Mitch
Wednesday November 4th	Kurtis
Thursday November 5th	Maria
Friday November 6th	Rebecca

Mandy Nov 9 Zach 14

Sep 26-2:31 PM